

FCS Newsletter

February 2023

Family & Consumer Sciences



Interested in becoming a Harrison County Homemaker?
Stop by the Harrison County Extension Office to pay your dues and receive a Shop Cynthia Discount Card. See Downtown Edition on page 11 for featured business of the month: Dailey Grind



The Gear Shack \$5 off Purchases	Molly R's 20% off \$20 or more	Abstract Distractions \$5 off purchase of \$30 or more	Melinda's Boutique 10% off purchase of \$50 or more
The Next Chapter Bookstore 10% off purchase	Flower Depot 20% off purchase excluding fresh flowers	Emerson Steel Boutique 15% off entire purchase	Dayve Did it 15% off Entire purchase
UPiques 10% off Retail Price (excludes Howard Furniture & Haggerty Silver Products)	Printed Vinyl for You 10% off entire purchase (excludes epoxy)	Man Cup 10% off \$20 or more	A Little Bit Personal Style 10% off engraved items (excludes sale)
Cynthia's Curly Hair Salon \$5 off hair salon only	Cheese Store: 10% off menu items, 2 free baby swaps kit	The Sweet Boutique 15% off any purchase	Tay's Cloth Peddler 10% off store items (excludes sale items)
488 Gift House 20% off entire purchase (excludes sale items)	Appalachian Root Works Free Soap With \$30 Purchase	Frames 'N' Christian Things 20% off Framing (Feb 2023 only)	Dailey Grind 20% off Purchases



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Shelley W. Meyer

Shelley Meyer
 Harrison County Extension Agent
 For Family & Consumer Sciences
 shelley.meyer@uky.edu

The Headlines



Self Care Series

Makeup Application & Hairstyles

February 9

2pm or 5pm

Skin & Hair Care w/ Judy Judy

February 20

10am or 6pm

Location: Harrison Co. Extension Office Call to sign up 859-234-5510



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 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Give back to our community using your skills!

Bluegrass Care Navigators is looking for volunteers.

Families in Harrison County with loved ones in hospice are looking for someone to help capture their memories using art. We are forming a Legacy Art Circle to develop ideas of how to provide support to these families in their time of need. Interested in using your skills to support the community? Join us for an informational session.

WHERE: Harrison Co Extension Office; 668 New Lair Road Cynthiana, KY 41031

WHEN: February 15, 2023, 11 AM

Topics will include:

- **Who is Bluegrass Care Navigators?**
- **Legacy Art Circle**
- **How you can help!**

BLUEGRASS
care
navigators 

Expert. Connected. Care.


Participate in this Book Club virtually or at the Extension Office.

To sign up for the UK Zoom link and watch from home, register at: <https://ukfcs.net/BBBC23Book1>

To sign up to attend sessions at the Extension Office, call 859-234-5510; Deadline: Friday, February 10



Book Cost: \$14



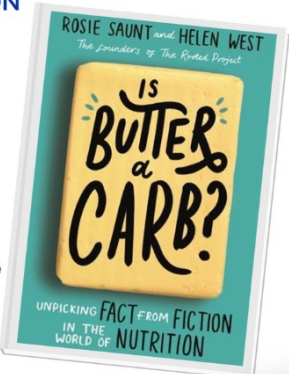
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BIG BLUE BOOK CLUB

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION


Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD ON THURSDAYS
MARCH 2, 9, 16, 23 AT 10AM (ET)

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LAUGH & LEARN

February 3rd
March 3rd

10-11am
@ the Harrison County Extension Office

- AGES 3-5
- MUST ATTEND WITH PARENT/GUARDIAN
- PRESCHOOL ACTIVITIES
- FOOD, FUN, LEARN

Call 859-234-5510 to sign up





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ITS BACK!

Cultural Series

MARK YOUR CALENDARS

Call 859-234-5510 to rsvp

GREECE	FRANCE	SPAIN
January 13 10am-noon OR 5-7pm	February 10 10am-noon OR 5-7pm	March 10 10am-noon OR 5-7pm
		

Located at the Harrison County Extension Office

— Help dress kids around the world —

International Sewing Day

With Rita Hardman

No materials needed
No sewing experience needed
Caring volunteers needed!
*Lunch will be provided



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Please rsvp by Friday,
February 3rd
Call: 859-234-5510

Tuesday, February 7th

10am-2pm

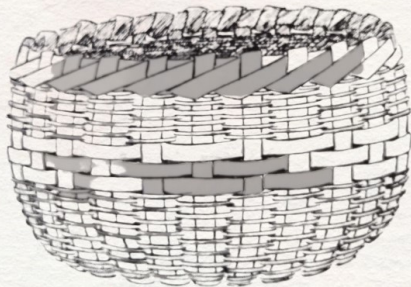
@ Harrison County Extension Office

February 14th 9am-noon

-OR-

February 16th 6-9pm

Location: Harrison County Extension Office
Cost: \$10; Deadline to register: February 10th
Call 859-234-5510 to rsvp; space is limited!



*PLEASE BRING: BUCKET, TOWEL, SCISSORS,
RULER, DOZEN CLOTHESPIN CLIPS, SCREWDRIVER

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Harvest Basket Class

w/ Cheryl Case & Mary Techau



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Beginners are welcome

Adult Knitting

WITH
LOUANN
FRYMAN

from basic to advanced technique

FEBRUARY 2ND AND 16TH AT 4:30PM
HARRISON COUNTY EXTENSION OFFICE



CALL TO RSVP

859-234-5510



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4TH WEDNESDAY
EACH MONTH
PIECEMAKER
QUILT CLUB
10AM @ HARRISON COUNTY
EXTENSION OFFICE
February 22



Adult Scrapbooking

With
Jennie Sparks
and
Teresa Stinson

4th Thursday of the Month
@ Harrison County
Extension Office

February 23rd
9am-noon

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*believe
you de
our cho
ll become
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Crafty Scrappers
with Jenny Tapp

February 17

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3rd Fridays of the Month
@Harrison County
Extension Office

6pm

NEP Happenings:

Harrison County Gets Healthy

with Stacey Stephens

Eating Better on a Budget

February 16 at 11am

I will prepare Garlic Pork to sample
Please call the Library to sign up
859-234-4881



February 21 at 5pm At the Cynthiana Library
Call 859-234-4881 to sign up
We will be learning about Meal Planning
I will prepare our recipe Cajun Seasoned Fish



Know the Limits
Fats, Sugar, & Sodium
February 25 at 9:30am
Harrison County
Extension Office
We will be
making Puff Pancakes



What's for Breakfast
February 9 at 10 am
Hope's Helping Hand
I will be making
Breakfast Hash



Happy
Valentine's
 Day

YOUR INVITED TO JOIN THE

Maiden Makers


for our fifth meeting:
Monday, February 13th, 6:30-7:30 pm
 at the extension office

We are a new Homemakers group!
 Our goals are to learn new skills, help with community service projects,
 and provide a little escape for our members to be creative and try new things!

Want to come, but don't have childcare? No worries, your children are welcome to come. See you there!




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**ADDICTION
 RECOVERY**

with University of Kentucky
 Dr. Alex Elswick

Monday, February 27 @ 5pm
 Harrison County Extension Office

*Prevention & Recovery
 *Breaking the stigma
 *Educating and awareness

*Supper provided
 RSVP by Friday, February 22; 859-234-5510

MARK YOUR CALENDAR

It's a month full of activities designed to support heart health for women!

Friday, February 3

National Go Red for Heart Disease Awareness Day
 Paint the Town Red
 Go Red Harrison County
 Go Red Harrison County Schools

Sunday, February 12

Wear Red to Church Day

Monday, February 27

Harrison County Go Red Celebration Event
 5:00 p.m.
 The McCauley Building, Harrison County 4-H Fairgrounds
 Doors open at 4:30 p.m. Dinner will be served at 5:45 p.m. Speaker begins at 6:00 p.m.
 Please RSVP by calling (859) 234-5510 no later than February 22.

Guest Speaker: HMH Cardiologist Matthew Shotwell, M.D.
 Light dinner provided by the Go Red Committee. Heart-healthy informational booths will be available. Stroke risk screenings, diabetes risk screenings and hands-only CPR training will be provided by the Harrison Memorial Hospital Nursing Department.

Door Prize: Any Meal for Two
 at one of the reservation-only events
 at Ashford Acres will be awarded



Blood Drive: January 7th; 9am-2pm @
 McCauley Building Fairgrounds





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LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

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March 2023

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**

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Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate". Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions.

Homemaker Leader Lesson

Monday, February 27th @ Noon

**Light lunch provided*

Located at the Harrison County Extension Office
Call to rsvp at 859-234-5510

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Physical Activity tip of the month: 4 ways to keep exercising in winter months

1. **Sign up for a challenge**– Signing up for a workout class, 5K, etc. sets a goal and gives you something to work towards even in the cold months.
2. **Make it social**– Find buddies to work out with and share exercise progress with to help keep you accountable for staying on the move.
3. **Train at home**– There are numerous exercise options that can be done from the comfort of your home, requiring little to no equipment. Winter weather sometimes makes it hard to get out but physical activity should still continue. Find those at home exercises that work for you.
4. **Stay warm and visible**– If you choose to exercise outside, make sure you are dressed warm for the cold and in bright colors to help you show up in the dark months.

Downtown Edition

Interested in joining Harrison County Homemakers? Membership is \$8 and can be paid year-round. Stop by the Harrison County Extension Office to sign up and walk out with your Shop Cynthiana Discount card.

Featured business of the month: Dailey Grind Bakery

This Downtown Edition features businesses from the Shop Cynthiana discount card.

“My name is Tom Dailey, owner of the Dailey Grind Bakery. A little over a year ago my wife and I decided to open a bakery on 209S. Poplar. We loved the location on the river and it was very close to our body shop around the corner.

My father, Bonny Dailey, ran a bakery for years in Cynthiana and his salt rising bread was famous.

In honor of his legacy, I gave it a try. We offer a wide variety of pastries, cakes, candy, and bread. The salt rising bread was and still is very hard to make, and I will be the first to tell you, I am not as talented as my father. It has been over 40 years since my dad made bread and people who eat mine say, it is not as good as your fathers. Thanks ok, my father was one of a kind.

Come by and visit us! We serve good home cooked food and desserts and something from our bar out back. We love our customers!”



- Donuts
- Salt-rising Breads
- Pastries
- Cookies
- Candies
- Apple Fritters
- Pies
- Jam Cakes
- and more!



Cynthiana, Kentucky



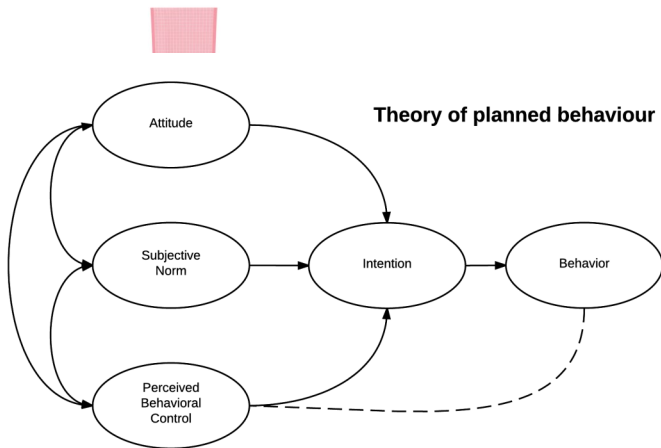
 **Call or visit us on Facebook for DAILY SPECIALS**

209 South Poplar St, Cynthiana • 859-298-2002

Stop In | Drive Thru | Mon-Sat 6:30 am - 2:00 pm

Graduate Gossip

The theory of planned behavior says that attitude, subjective norm, and perceived behavioral control impacts a person's intention and behavior. In relation to physical activity, the theory of planned behavior tells us that a person's attitude towards exercise, how they think others around them perceive exercise (subjective norm), and how they think they can or can not do an exercise (perceived behavioral control) all contribute to a person's intention to exercise and further the behavior of actually doing or not doing the exercise.



Check out our Facebook page:
**Harrison County
Family & Consumer Sciences.**
**Like us on Facebook to receive notifications on upcoming events, posts, and shares.*



Agent Editorials

"Hello FSC Friends!

YOU DID IT!!! Harrison County Homemakers increased membership by 85 people from 2021 to 2022. That put Harrison County with the largest homemaker member increase for the entire district. Thank you all for your commitment to this amazing organization. Let's keep recruiting and growing so that others can be apart of the greatness.

*One of my New Year's Resolutions was to read more books. I am happy to report that I am one book completed! Haha, I know many of you read much more frequently and I commend you on that achievement. There is an upcoming reading opportunity with the UK Big Blue Book Club in March with the book, *Is Butter a Carb?* More details can be found on page 3.*

I hope everyone is staying on track with New Year's resolutions. If you have found yourself already slowing down from those goals, it is not too late to get back in the groove towards accomplishing those resolutions. Here's to encouraging you to be your best self."

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Tune in to WYCN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.

- * **Stacey Stephens with NEP: 1st Monday of the month**
- * **Jessica Sayre with Horticulture: 1st Wednesday of the month**
- * **Shannon Farrell and Holly Laytart: 2nd Wednesday of the month**
- * **Shelley Meyer with FCS: 4th Thursday of the month**



Homemaker News

President's Corner:

"FEBRUARY-a noun, is the shortest month of the calendar year. It is considered the last month of the winter season. Here are some things associated with February: Color Red, Hearts, Cupid, Candy hearts, Valentines, Presidents, Super Bowl, Groundhogs and the Go Red Event.

As we try to get back to normal homemaker activities, I ask that you support the upcoming "Go Red" event. National Wear Red Day is on the 3rd, Wear Red To Church on the 12th, and the Go Red Celebration on the 27th. By participating in this activity, we are letting our light shine as a homemaker in the community.

Hope you enjoy the month of February."

Harlene Welch
President, Harrison Co Extension Homemakers

Book list selection:

The Book Woman's Daughter of Troublesome Creek by Kim Michele Richardson

"Some of my homemakers have read this book and recommend it as a good read. It is in our local library. If you have read The Book Woman of Troublesome Creek I am sure your will enjoy this one."

-Harlene

Club Meetings:

Homemaker clubs are in full swing with monthly meetings. Check the back calendar page to see when your club meets. If you are new and would like to join a club, contact the Extension Office for more details. Leader lessons will be presented at the Harrison County Extension Office on the 4th Monday's of each month from noon-1pm with a light lunch provided (some dates may vary). Letters will be sent out to the monthly lesson leaders as well. The

Snow Day Policy - If there is no school in Harrison County, all Homemaker meetings will be cancelled as well. If in doubt, please call the office at 859-234-5510 to make sure.

February Leader Lesson is titled Transferring Cherished Possessions: Estate Planning Tips for Nontitled Property and is scheduled for Monday, February 27th at noon. Call the office to RSVP.

Dates to Remember:

January 30– Homemaker Advisory Council

February 6– Snow backup Homemaker Advisory Council

February 7– Deadline to turn in any shorts or dresses previously sewn for Homemaker sewing service or international projects

February 12– Superbowl

February 14– Valentines Day

February 27– Go Red event at Fairgrounds

March 8– Recipe for Life

May 9-11 – KEHA State Meeting at the Crowne Plaza in Louisville.



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RECIPE FOR LIFE for 5th Graders

MARCH 8

8:30-11am
Northside/Eastside

Noon-2:30pm
Southside/Westside

Located at Harrison County
Fairgrounds McCauley Building

Please call the Extension Office
to sign up by February 10th
859-234-5510

We need you!

Help 5th graders prepare a meal by setting at a table for the morning, afternoon, or both time slots.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11am Falmouth Rd	2 10:30am Indian Creek 4:30pm Knitting	3 10am Laugh & Learn	4
5	6	7 10am International Sewing Project	8	9 10am Sunrise 10am Curry 2 & 5 pm Self Care	10 10am & 5pm Cultural Series	11
12	13 6:30pm Maiden Makers	14 9am Basket Making	15 10am Leesburg 11am Bluegrass Care Navigators	16 4:30pm Knitting 6pm Basket Making	17 6pm Crafty Scrappers	18
19	20 10am & 6pm Self Care	21 6:30pm Jacobs 6:30pm Barlow	22 10am Piece Maker Quilt Club	23 9am Scrapbooking 10:30am Renaker	24	25
26	27 Noon Leader Lesson 4:30pm Go Red 5pm Addiction Class	28				

2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot



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Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.
Return to the _____ County Extension Office no later than _____.

Understanding Your Credit Score

Does one number define you? What is “good credit?” Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That’s right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one’s own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

(OVER)

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

